



The Journal

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June 28, 2018

USU Holds Brigade Change of Command



Photo by Sharon Holland



WRB Observes
Army's 243rd
Birthday

- Page 3



Foot Care
Important to
Readiness

- Page 7



Luke Trains in
WRB Facility Dog
Boot Camp

- Page 12

Navy Releases New Parental Leave Program

From Chief of Naval Personnel Public Affairs

Navy announced the establishment of the Military Parental Leave Program in NAVADMIN 151/18, released June 21. The new program increases parental leave and combines the current family leave policies into one. The Military Parental Leave Program also aligns the Navy with recently released Department of Defense guidance pertaining to changes about parental leave.

Under the new program, parental leave for the secondary caregiver increases from, 10 days to 14 days, and consolidates Adoption Leave MILPERSMAN 1050-420, Paternity Leave MILPERSMAN 1050-430 and Maternity Leave MILPERSMAN 1050-435 into the Military Parental Leave Program MILPERSMAN 1050-415 that will be published at a later date.

The program applies to all active duty Sailors. Reserve Sailors who were performing active duties, or mobilized more than 12 continuous months, and are the parents of a qualifying birth or adoption on or after Dec. 23, 2016 are also eligible.

The three family leave categories under the Military Parental Leave Program are:

- Maternity Convalescent Leave is a six-week (42 days), non-chargeable leave period for the Sailor who gives birth, commencing the first full day after a Sailor is released from the hospital following a birth.
- Primary Caregiver Leave is a six-week (42 days) non-chargeable leave period for the parent who gives birth or is designated with primary responsibility for caring for the child or children following a birth or adoption.
- Secondary Caregiver leave is a two-week (14 days) non-chargeable leave period for the parent not designated with primary responsibility for caring for the child following a birth or adoption.

Details about the leave periods are described in NAVADMIN 151/18.

Based on a command's readiness requirements, members on or within three months of a deployment will normally have to defer executing Primary and Secondary Caregiver Leave until return of the deployment. Commanding Officers, in extenuating circumstances and where operational requirements allow, may authorize members to take parental leave.

Navy's parental leave program supports Sailor 2025's



U.S. NAVY PHOTO BY MC3 MORGAN K. NALL

Chief Gas Turbine Systems Technician (Electrical) Robert Dragstredt, assigned to the Ticonderoga-class guided-missile cruiser USS Lake Champlain (CG 57) meets his baby for the first time upon returning from a regularly scheduled deployment. Champlain was deployed with the Carl Vinson Carrier Strike Group in the U.S. 7th Fleet and 4th Fleet areas of operation.

goal of removing obstacles that negatively influence a Sailor's decision to stay Navy when they are looking to start or raise a family.

Sailor 2025 is the Navy's program to more effectively recruit, develop, manage, reward and retain the force of tomorrow. It consists of approximately 45 living, breathing initiatives and is built on a framework of three pillars — a modern personnel system, a career learning continuum and career readiness.

For complete details on the parental leave program read NAVADMIN 151/18 at www.npc.navy.mil.



Bethesda Notebook

Upcoming Road Closure

A section of E. Palmer Road, between Stokes Road and E. Rixey Road, is set to close in the coming weeks. Vehicles will be able to access both loading docks for Bldg. 54 and 55 and will have to use E. Rixey Rd if they want to turn back after that point. The road will be closed to install a new generator in Bldg. 55 basement for the upcoming Medical Center Addition and Alteration project.

CAC PIN Reset Station

Walter Reed Bethesda Information Technology Department has added an additional location dedicated to CAC PIN resets. CAC PIN reset services may be conducted in Building 17A, Suite 1A, from 7:30 a.m. to 4 p.m. Monday through Friday, or in Building 10, Room 2002, from 7:30 a.m. to 11 p.m. Monday through Friday, and weekends from 7:30 a.m. to 3 p.m. For more information, contact the IT Service Desk at 301-295-6300 or wrnmitsupport.med.ds.osd.mil/.

Platelet Challenge

The Armed Services Blood Program conducts a Platelet Challenge July 1-31 at Walter Reed National Military Medical Center. The directorate with the most platelet donations during the month will receive a trophy. For more information, call Apheresis Donor Services at 301-295-2104. The Donor Center is in Building 9, first floor, room 1671. Hours are from 7:30 a.m. to 3 p.m. Monday through Friday. The website is militarydonor.com.

DEOCS Survey

The 2018 Defense Equal Opportunity Management Organizational Climate Survey runs from July 9 through Aug. 2. The survey provides an opportunity for staff members at Walter Reed National Military Medical Center to share concerns and issues of importance with WRNMMC leaders. The survey link and passwords will be coming soon. All staff members are encouraged to participate in the survey.

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DOD PHOTOS BY BERNARD S. LITTLE

Army Col. Lozay Foots, director of nursing services at Walter Reed National Military Medical Center, serves as guest speaker at WRNMMC's ceremony celebrating the U.S. Army's 243rd birthday June 14 in front of the Tower on Naval Support Activity Bethesda.



Army Col. (Dr.) Frederick Lough (second from right), one of the senior most Soldiers at the Walter Reed Bethesda ceremony celebrating the U.S. Army's 243rd birthday June 14, gives a slice of the birthday cake to Army Pfc. Bo Gephart, one of the junior most Soldiers present, symbolizing the passing of the Army's heritage and traditions from one generation to the next. Also participating in the ceremony are Navy Capt. (Dr.) Mark Kobelja, Walter Reed National Military Medical Center director, Army Col. Lozay Foots, WRNMMC's director of nursing services, and Command Master Chief Sean Brown, WRNMMC's senior enlisted leader.

Walter Reed Bethesda Observes Army's 243rd Birthday

**By Bernard S. Little
WRNMMC Command Communications**

"Behind every great nation is a great Army," said Navy Capt. (Dr.) Mark Kobelja during a ceremony June 14 at Walter Reed National Military Medical Center celebrating the U.S. Army's 243rd birthday.

"Our Army has always been there," added the WRNMMC director. "As we speak, in every time zone, our Army brothers and sisters are deployed right now. Many of us have deployed as part of the Army or with the Army in this modern era of joint warfare, and I'm privileged and proud to recognize our great Army."

Army Col. Lozay Foots, WRNMMC's director of nursing services, served as guest speaker at the ceremony, stating, "For 243 years, the nation has entrusted the Army with preserving its peace and freedom and defending its democracy. Since 1775, American Soldiers have been the strength of our nation. Our Soldiers are driven by the ideals of the Warrior Ethos and commit themselves to succeed in any mission our nation gives them. Our Soldiers believe that the Constitution and the freedom it guarantees are worth fighting for. They sacrifice their personal comfort and safety for a higher cause."

Foots added that today's Army evolved from amateur band of volunteer Soldiers defending the original colonies against British tyranny. "In the next 243 years, Soldiers continued to maintain the highest strength, character and resolve," he continued. "They fought to ensure that freedom would reign in the face of civil war, two world wars and conflicts around the world."

"Today's Army is not the Army of 1775," the

colonel continued. "Our Soldiers were once untrained farmers, merchants, [and] tradesmen using their own rifles. Today, our Army has the very best equipment, training, leadership, and of course, medical care," Foots said.

"What has not change is the fighting spirit and values of the American Soldiers," he furthered. "To volunteer and serve in an Army that is frequently deployed in a world state of persistent conflict, demands incredible personal courage and a dedication to selfless service."

Readiness is paramount in today's Army successfully accomplishing its missions in an ever-changing world, Foots continued. He explained that this demands innovation, creativity, preparation, and training.

"We're committed to constantly modernizing our technology and equipment to retain our fighting edge," Foots continued. "In all these efforts, we still must remember that we're an Army of people, not just Soldiers, but families as well," he added. Those families also make tremendous sacrifices for the nation, he said.

"The Army's story is America's story," Foots added. "Every man and woman serving in uniform, is helping to write a new chapter of that story," he concluded.

Following Foots' remarks, and in Army tradition, Army Col. (Dr.) Frederick Lough, one of the senior most Soldiers at the ceremony, and Pfc. Bo Gephart, one of the junior most Soldiers present, cut the Army birthday cake with the guest speaker and the WRNMMC leadership team. Lough presented a slice of the cake to Gephart, symbolizing the passing of the Army's heritage and traditions from one generation to the next. The ceremony concluded with the singing of the Army Song.



The Walter Reed Bethesda color guard raises the flag in front of the Tower on Naval Support Activity Bethesda June 14 before a special ceremony observing the U.S. Army's 243rd birthday. June 14 is also Flag Day.

7th Deck Recognizes Staff's Educational Achievements

By Bernard S. Little
WRNMMC Command Communications

With pomp and circumstance, the 7th Deck at Walter Reed National Military Medical Center celebrated the educational achievements of its service members during a recent ceremony in the hospital.

Two Soldiers and three Sailors who work on WRNMMC's 7th Deck earned their associate degree in health science from Purdue University Global. W. Christopher Motz, vice president of Partnerships and Strategy for the Mid-Atlantic Region of Purdue University Global, served as guest speaker at the ceremony, congratulating the graduates and 7th Deck on their achievements.

"The 7th Deck has been on an educational journey," said Army Capt. Daniel Hines, service chief for 7 West/Center. "In the last four years, I have had an important collateral [duty] in addition to my duties as a nurse. I have focused on bringing all educational resources that each base offers to Soldiers and Sailors." He explained that this helps service members get information to enhance their education and skill sets to better serve Military Health System beneficiaries.

"The concept of having two educational workshops a year have proven to be extremely productive," Hines continued. "To this date, I have helped 75 Soldiers and Sailors receive their associate degree and six with their commissioning/officer goals." He added the workshops include information about tuition assistance, updates on the Free Application for Federal Student Aid program, information regarding local colleges offering associate and bachelor's degree programs, as well as Army and Navy recruiters.

In addition, service members are paired with an officer for monthly mentoring to help them with educational and career pursuits, Hines furthered.

The five service members who recently earned their associate degree included Army Sgt. Duncan Moogi, Navy Hospital Corpsman 3rd Class Cody Amestoy, Navy HM3 Luis MartinezVazquez, Army Spc. Brittney House and Navy Hospitalman Alexa Lim. All have plans to continue with their education,



DOD PHOTOS BY JOSEPH NIEVES

The five service members from Walter Reed Bethesda's 7th Deck recently earned their associate degree. Those service members included Army Sgt. Duncan Moogi, Navy Hospital Corpsman 3rd Class Cody Amestoy, Navy HM3 Luis MartinezVazquez, Army Spc. Brittney House and Navy Hospitalman Alexa Lim. All have plans to continue with their education, most in health care.

most in health care.

"I want to be a medical doctor," said MartinezVazquez. "I have learned a lot [earning my associate degree]. Speaking with Captain Hines made me realize I have so much potential. He made me realize I can be a doctor and follow my dreams," the hospital corpsman added.

Amestoy, the honor graduate, said, "I really enjoy my line of work as a corpsman so I wanted to select a course of study similar to the job. I love to enhance my skills and improve myself, as well as I would like

to become a nurse and this is definitely a step in the right direction.

"I'm very proud of this accomplishment. I'm the first person on my mother's side of the family to ever receive a college degree, so it's a very humbling and exciting experience," Amestoy continued. "The classes were very good. Thanks to their military-friendly route, we were able to receive a degree in eight months instead of the usual two years. I highly recommend the program, especially for those who have work and families because the professors are extremely flexible and understanding," she added.

House agreed, adding, "My educational journey has been a long one. I did two years of college before I joined and never finished my degree. I finally finished my associate, but it took some time. I really wanted to finish what I had started and having the opportunity to finish my associate was very motivating," she stated.

In addition to the service members who recently earned their associate degree, the 7th Deck also recognized its staff members earning skill certification.

"We all have been working hard to get nationally board certified in psychiatric nursing and psychiatric technician, Hines stated. "We recognized 16 staff members on the deck enrolled in higher levels of education ranging from their associate degree in nursing to psych doctoral nurse practitioner.

"The basic fundamentals that our journey is out to prove is that if staff members are supported and encouraged with their personal journey, they will enjoy their work environment," Hines said. He added the 7th Deck hopes to make the education recognition ceremony an annual event.



Service members from the 7th Deck at Walter Reed National Military Medical Center recently received their associate degree in health science during a ceremony in WRNMMC's Clark Auditorium.

Summit Focuses on Precision Medicine

By Bernard S. Little
WRNMMC Command Communications

The John P. Murtha Cancer Center at Walter Reed National Military Medical Center hosted a Precision Medicine Summit June 18, focusing on the advances in precision medicine as they apply to patients.

Speakers during the day-long event discussed the clinical capabilities of precision medicine that are currently available to providers, as well as cutting-edge strategies for improving patient health.

In addition to WRNMMC, presenters at the summit came from the Uniformed Services University, the National Human Genome Research Institute and the Defense Health Agency.

Army Col. (Dr.) Craig D. Shriver, research program director for the Murtha Cancer Center, the Department of Defense’s only Cancer Care Center of Excellence, explained precision medicine as “an approach to patient care that allows providers to choose treatments that are most likely to help patients based on a genetic understanding of their disease.” He added in precision medicine, “the ability to know what not to employ regarding therapy is also many times just as important as knowing what to employ.”

Molecular biology and testing play vital roles in precision medicine, explained Army Col. (Dr.) Joel Moncur, director of molecular pathology at WRNMMC. Molecular biology and testing are critical to global public health, and enable physicians to obtain important information based on the early exploration of pathogens and patients’ genetics enabling diagnosis, selection of appropriate therapies and monitoring of disease progression, he furthered.

Dr. Clifton Dalgard, associate professor in the Department of Anatomy, Physiology and Genetics Molecular and Cell Biology and Neuroscience Programs at USU, explained that The American Genome Center (TAGC) at the university helps pinpoint genetic mutations that could serve as biomarkers to enhance the effectiveness of precision medicine. He added the TAGC capabilities and instrumentation includes high-tech robotics capable of genome sequencing, which is an important component in the use of precision medicine. A genome is the genetic material of an organism, consisting of DNA.

Dr. Matthew Wilkerson, director of Informatics Core and also an associate professor in the Department of Anatomy, Physiology and Genetics at USU, agreed, adding that every disease and health condition has a unique molecular basis and impacts each person differently. He explained that meticulously analyzing genomes enhances the chances of identifying recurrent genetic mutations common in a disease that could serve as biomarkers, which can better predict disease risks and outcomes. Also, knowing which genetic variants associate with treatment response can then lead to more precise, customized treatment plans, he explained.

Director of the Division of Genomic Medicine at the National Human Genome Research Institute,



DOD PHOTO BY BERNARD S. LITTLE

Navy Capt. (Dr.) Mark Kobelja (left) participates in a leadership panel discussing the future of precision medicine on the Bethesda campus during the John P. Murtha 2018 Precision Medicine Summit June 18 at Walter Reed National Military Medical Center.

Dr. Teri Manolio, discussed pharmacogenomics, the study of the role of the genome in drug response. Pharmacogenomics involves genetics variations that influence individual response to drugs. In precision medicine, knowing whether a patient carries any of these genetic variations can help individualized drug therapy, decreasing the chance of adverse drug events

and increasing the effectiveness of the drugs, Manolio explained.

Pharmacogenomics combines traditional pharmaceutical sciences, such as biochemistry with an understanding of common DNA

See **SUMMIT**
Page 14

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LGBT Pride Month Observed at WRNMMC

By Bernard S. Little
WRNMMC Command Communications

An event at Walter Reed National Military Medical Center June 8 observed Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month.

“The purpose of the event was to celebrate the diversity of the LGBT community in the military,” stated Hospital Corpsman 2nd Class Jonathan Spears, executive assistant to the WRNMMC Command Senior Enlisted Leader. “LGBT Pride Month is celebrated every June and has been recognized by the Department of Defense (DoD) as a multicultural event since 2012.”

Spears explained that there are “many reasons” for the celebration of LGBT Pride Month, and “one is to honor the Stonewall riots.”

On June 28, 1969, New York City police raided the Stonewall Inn, a gay bar in Manhattan. An uprising followed with members of the community protesting frequent raids and harassment by the police and their handling of bar patrons. A series of demonstrations lasting approximately three days followed the raid, and many people consider this the spark starting the modern gay liberation and LGBT rights movement in the United States. Brenda Howard, a bisexual New York activist nicknamed the “Mother of Pride,” organized the first Pride parade to commemorate the one-year anniversary of the Stonewall uprising.

“I felt like it was important for WRNMMC to have a Pride event to remind the community that we have fought hard to get where we are today,” Spears stated.



DOD PHOTO BY PO3 JARED LENAHAN

An event at Walter Reed National Military Medical Center June 8 observes Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month.

“We are now seeing more and more service members who were unaware that there has even been bans on LGBT service members from enlisting.”

At the LGBT Pride Month observance at WRNMMC, Hospital Corpsman 3rd Class Folajimi Akinyemi read the poem “Sunday Socks” by Yazmin Monet Watkins. Spears read a letter addressed from his present-day self to himself when he was 19, and HM2 Jessica Riguero shared her story about accepting herself. Hospitalman Francesca Mason also shared her story of how she

found herself and learned how to be herself.

A release from the Navy Office of Information May 31, 2018 states, “The Navy is committed to fostering an actively inclusive environment that values the diversity of its force, and recognizes that service members and civilians achieve optimal performance when each and every member of One Navy Team is treated with dignity and respect.

“Initially established as ‘Gay and Lesbian Month’ by Presidential Proclamation in 2000, LGBT Pride Month recognizes the accomplishments of the lesbian, gay, bisexual and transgender community, and acknowledges their continued struggle to achieve equality,” the Navy release added.

“The Navy and DoD have demonstrated their commitment to gender equality and inclusion by implementing the repeal of the ‘Don’t Ask, Don’t Tell’ policy in 2011, enabling gay, lesbian and bisexuals to openly serve in the armed forces, and by instituting a 2016 policy change to enable transgender personnel to serve as their preferred gender,” the released stated.

“In support of the Navy’s primary mission of deterring and defeating adversaries in all domains across all spectrums of warfare, the Navy is committed to building and maintaining force comprised of the most capable and qualified Sailors regardless of ethnicity, gender, sexual orientation, class or background,” the release stated.

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Foot, Lower-Extremity Care Important to Readiness, Overall Health

By Bernard S. Little
WRNMMC Command Communications

Service members must remain ready, fit and healthy to deploy and accomplish the U.S. military mission around the globe. This readiness includes passing physicals and semi-annual physical fitness tests, for which healthy feet are essential.

Foot and lower-extremity care is also important for health providers, who are frequently on their feet for extended period of time in clinics, operating and examinations rooms providing care.

When a foot problem occurs, podiatrists provide the medical diagnosis and necessary treatment to the affected area. At Walter Reed National Military Medical Center, this care may also come from a nurse practitioner.

From calluses to broken bones, these specialists care for a range of problems and help their patients heal from their foot and lower extremities ailments and injuries.

"We treat civilians, retirees, and dependents while ensuring service members are medically safe to train. We support the readiness of the war fighter," explained Navy Cmdr. (Dr.) Monique Gourdine-Shaw, chief of the Department of Podiatric Foot and Ankle Surgery, National Capital Region (NCR) Product Line Chair.

Gourdine-Shaw explained podiatry is a consult-only clinic. "Once conservative measures have been exhausted, we surgically and medically manage deformity of the forefoot to include bunions, hammer toes, and congenital deformities like clubfoot and metatarsus adductus. We also manage deformities of the hind foot to include ankle instability, deformity of the Achilles tendons, varus and valgus deformities."

Podiatrists are physicians specialty trained to surgically repair traumatic injuries to the lower extremities, explained Gourdine-Shaw, who has been deployed to the Middle East as an orthopaedic/traumatology surgeon mentor diagnosing and treating foot and ankle trauma, including blast injuries and other lower extremity pathologies. She explained a challenge at WRNMMC and throughout the NCR is having more patients than podiatrists.

"We have a large population of diabetic patients," Gourdine-Shaw continued. "The current guidelines state routine care of corns, callus, and the routine care of thickened nails is not a covered service unless the patient has associated risk factors. It's not that we do not want to take care of the diabetic population; we do not have enough providers to manage our diabetic population."

Gourdine-Shaw added that independent nurse practitioner Josephine Ignis serves as an important asset to meeting Walter Reed Bethesda's mission. "I worked at the old Walter Reed for 15 years prior to coming to WRNMMC; August will be my three-year anniversary [at WRNMMC]," Ignis stated.

"I independently and accurately assess, diagnose and treat patients with a variety of podiatric conditions with the goal of providing a good outcome for the patient," Ignis continued. She added podiatrists in the clinic are comfortable



DOD PHOTO BY BERNARD S. LITTLE

The Orthopaedic and Podiatry team at Walter Reed National Military Medical Center, including (from left) Hospitalman Bryan Moore, Navy Lt. (Dr.) John Aker, Jr., Hospital Corpsman 3rd Class Alex Gonzalezcolon, Army Maj. (Dr.) Anetra Miranda, HM3 Kevin Gibbons, Podiatric Foot and Ankle Service Irmac Nurse Reviewer Nancy Chen, Navy Lt. Cmdr. (Dr.) Shevone Wells, Nurse Case Manager Gloria Martin-Smith, Service Chief Navy Cmdr. (Dr.) Monique Gourdine-Shaw, Army Pfc. Nina Pierre and Nurse Practitioner Josephine Ignis, provide care and services to beneficiaries from throughout the National Capital Region.

with her management of their patient population. "I have received training on all podiatric foot and ankle procedures that can be performed in the clinical setting," she explained.

Ignis furthered that being a nurse practitioner encompasses more than nursing in the traditional sense. "A nurse practitioner treats diseases typically managed by the primary care provider with escalation of intervention based upon

training. Nurse practitioners can subspecialize in medicine, the intensive care unit, pain management and other specialties. They differ from a floor nurse in that the expectations and requirements are higher based upon education and training."

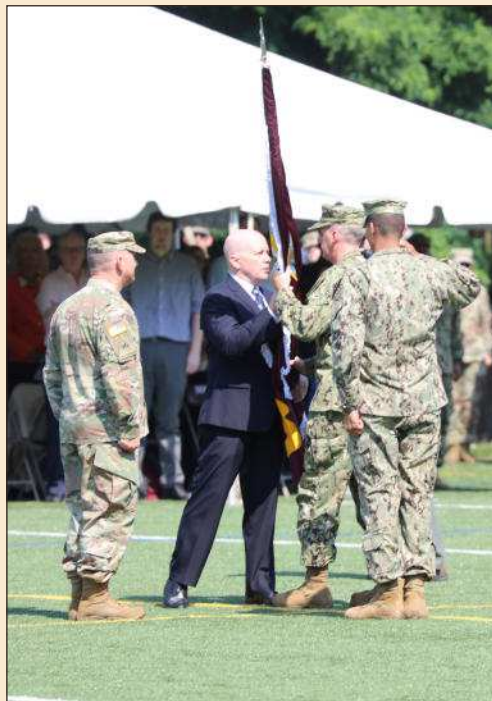
See **HEALTH**
Page 14



USU Holds Brigade Change of Command

By DoD photos by Sharon Holland
USU External Affairs

Army Col (Dr.) Jerome Buller relinquished command to Navy Capt. (Dr.) Sean Hussey in a June 19 ceremony held on the Naval Support Activity Bethesda MWR Sports Complex field behind USU. Despite temperatures in the high 90s, more than 400 USU students, staff, faculty and invited guests attended the ceremony, while more than 100 medical and graduate nursing students, plus staff and faculty stood in formation as representatives of the University's military Brigade command. USU President Dr. Richard W. Thomas served as presiding officer for the event. Col. Buller will take command of the U.S. Army Institute of Surgical Research in San Antonio next month, and Capt. Hussey came to USU from his last assignment with the Marines at Camp Pendleton, California, as the 1st Marine Expeditionary Force Surgeon





COURTESY PHOTO BY SILVIA TORRES

Army Sergeant First Class Miguel Torres and his daughter, Mikaella, attended the Daddy Daughter Dance, held in the Fitness Center Gym June 16. The event was one of two Father's Day activities held by Naval Support Activity Bethesda's MWR.



COURTESY PHOTO BY SAMANTHA EVANS

Hospital Corpsman 3rd Class Caleb Evans and his daughter, Kassii, attended the Daddy Daughter Dance.

MWR Holds Daddy Daughter Dance



MWR PHOTO BY MICHAEL MCQUARRIE

Fathers and daughters participated in the Daddy Daughter Dance.



MWR PHOTO BY MICHAEL MCQUARRIE

During Daddy Daughter Dance fathers and their daughters line up for the first dance of the night.

Detroit Lions Visit the Warrior Café

By U.S. Navy photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

The Detroit Lions stopped by the MWR Warrior Cafe at Bldg. 62 on Naval Support Activity Bethesda and held a signing event held June 12. The Lions signed hats, footballs and other items while taking photos with those who attended.



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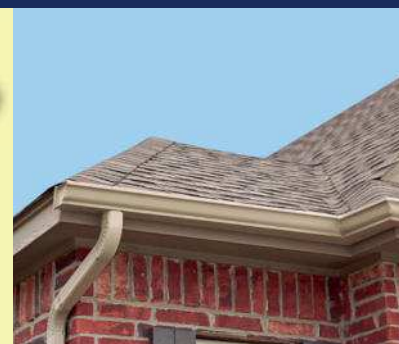
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Photos by Gary Keltz
MedPhoto

Meet Hospitalman Recruit Luke, a 3-month-old German Shepherd dog is the first young dog in the Walter Reed Bethesda Facility Dog Program. Luke is working his way through a pilot WRB Facility Dog Boot Camp where he's learning how to sit, down, walk nicely on leash, stay and love our patients and staff! His training is being overseen by a service dog training organization, according to Amy O'Connor, head of WRB's facility dog program. Luke's career will be as a WRB Facility Dog and O'Connor expects he will be in boot camp for nine to 12 more months.



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Cancer Awareness Day

DoD photo by MC2 Kevin Cunningham
WRNMMC Command Communications

The John P. Murtha Cancer Center (MCC) at Walter Reed National Military Medical Center hosted its annual Cancer Awareness Day June 20 to highlight information and services available at the MCC/WRNMMC and their partner agencies focused on cancer prevention, diagnosis and treatment. The event included a number of tables set up in WRNMMC's America Building's first floor foyer with representatives providing information concerning bone marrow transplant, breast care, the Center for Prostate Disease and Research, Clinical Social Work/Patient and Family Support, Dermatology, Genetics, the Murtha Cancer Center Biobank, Medical Oncology, Pediatric Hematology/Oncology, Tricare and Young Adult Patient Navigation. The MCC is the Department of Defense's only Cancer Care Center of Excellence. National Cancer Survivor Month, observed during June, celebrates those who survived and are battling the disease, as well as remembers those cancer victims who have passed away during the year. In observance, the MCC hosted a number of events during June including a Precision Medicine Summit June 18, Cancer Awareness Day June 20, and a MCC Memorial Service June 22. For more information about the MCC, contact Sylvan McDowell at 301-295-9320 or Reisha Maharaj at 301-319-3487.



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SUMMIT

From
Page 5

variation in the human genome, according to Manolio.

She has also defined genomic medicine as “an emerging medical discipline that involves using genomic information about an individual as part of the clinical care (e.g., for diagnostic or therapeutic

decision-making) and the health outcomes and policy implications of that clinical use. Genomic medicine has begun to be applied effectively in areas such as cancer genomics, pharmacogenomics, and rare and undiagnosed diseases.”

Manolio explained that genomic technologies have considerable potential for personalizing medical treatments and enhancing effectiveness of health care. She’s working towards efforts for patients

to have ready access to affordable, reliable genetic tests enabling them to avoid rare, sometimes devastating complications of common drug treatments. In addition, her efforts are focused on using patients’ genomic information to enhance diagnostic strategies and improve treatment outcomes by examining comprehensive databases of patients whose physical characteristics and genomic variants match those of similar patients to better care.

Army Col. (Dr.) John S. Scott, DHA data manager, discussed electronic health records and precision medicine, including MHS Genesis, the new electronic health record for the Military Health System. MHS GENESIS is designed to integrate inpatient and outpatient solutions connecting medical and dental information across the continuum of care, from point of injury to the military treatment facility. Such capabilities should enhance patient care including the use of precision medicine, Scott explained.

“One of the things I’m glad to see is the self-discovery of not only oncology precision medicine, but precision medicine as it applies across the whole institution,” said

Navy Capt. (Dr.) Mark Kobelja, WRNMMC director. Kobelja said he’s also appreciative of the “deep partnership” between WRNMMC, USU, NIH and other agencies to advance health-care research and treatments.

Dr. Yvonne Maddox, USU vice president for research, agreed, adding, “We are putting our house in order. We have a commitment to precision health, the expertise to get it done, the infrastructure to allow this to occur, and we know where the partnerships are to do it. Our main job now is to continue to bond. Precision medicine is one area in which interdisciplinary research really works. It brings together departments, it brings together units, and it creates partnerships perhaps we never thought about before.”

In addition to the leadership panel, the summit also included panels addressing electronic health records and precision medicine, infectious disease, precision oncology, ethics and germline genetics. Speakers also discussed interpretation and clinical services and the surgical critical care initiative in relations to precision medicine.



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HEALTH

From
Page 7

Ignis added that beneficiaries should know both podiatrists and nurse practitioners are there to ensure their foot and ankle health. “Most foot and ankle pathology can be treated conservatively. When conservative measures have failed, surgical intervention can be entertained.”

Gourdine-Shaw furthered that in addition to WRNMMC, her service covers Fort Belvoir Community Hospital, U.S. Naval Academy, Annapolis, Maryland, Defense Health Agency, Kimbrough Ambulatory Care Center at Fort Meade, Maryland and satellite sites on Joint Base Anacostia-Bolling, Washington, D.C., Eisenhower Executive Office Building, Naval Support Facility Thurmont, Maryland.

“We provide podiatric services on site for a variety of medical and surgical pathology at the offsite locations to allow our service members, civilians, dependents and retirees to be evaluated and return to work,” Gourdine-Shaw explained. “The active-duty podiatrists also provide after-hour emergency and inpatient ward call for the podiatric foot and ankle cases across the NCR,”

she added. She added that each month, more than 1,300 patients are evaluated in the NCR for podiatric services.

“If you ignore your teeth, they will go away. If you ignore your feet, they can prevent you from doing your job since greater than 70 percent of musculoskeletal problems can be attributed to the feet,” Gourdine-Shaw stated.

“Everyone knows their body best. However, prior to impact activities, people should ensure they are stretching appropriately and wearing the appropriate shoe gear,” Gourdine-Shaw continued.

“If you have [foot or lower extremity] pain with the first step in the morning, you should stretch prior to getting off the bed,” she added. “In addition, people should ensure they purchase their shoes later in the day when their feet are tired to accommodate for swelling.

“For [foot or lower extremity] trauma, use ‘RICE,’ [which stands for] Rest, Ice, Compression, Elevation and nonsteroidal anti-inflammatory medication,” Gourdine-Shaw stated.

“The podiatrists in the NCR would love to see everyone. However, we do not have the capacity. Until we are fully staffed, we will provide services for those ages 5 to 64. All others will be treated as openings become available,” Gourdine-Shaw added.

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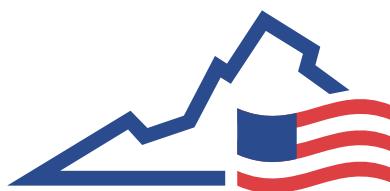
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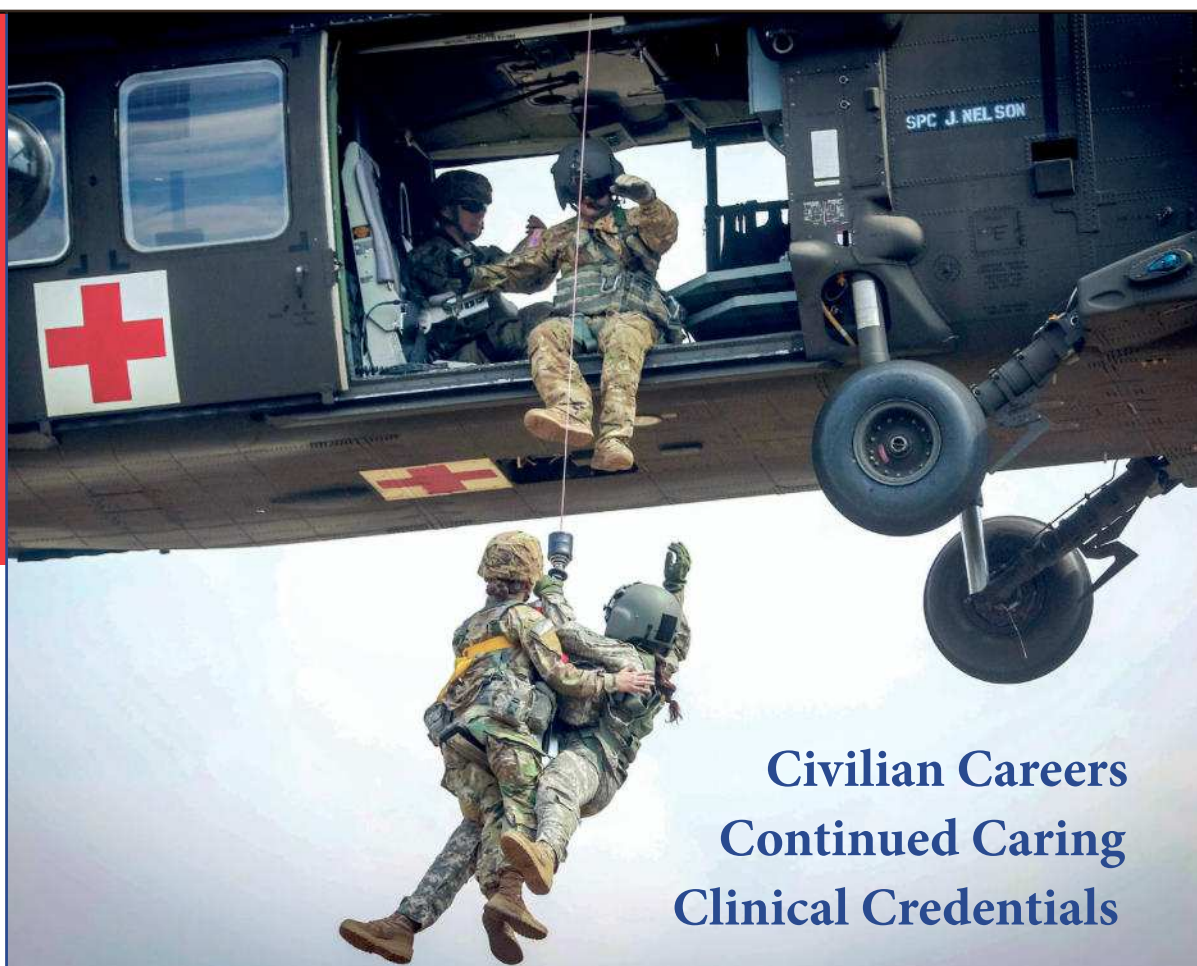
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